



*Written
in the
Clouds*

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the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million, and the number of people aged 75 and over has increased by 1.2 million (Office of National Statistics 1999). The number of people aged 85 and over has increased by 0.5 million.

There is a growing awareness of the need to develop services to meet the needs of the ageing population. The Department of Health (1999) has published a strategy for ageing, which sets out the government's commitment to improve the lives of older people. The strategy is based on the following principles:

- Older people should be able to live independently and actively in their own homes.
- Older people should be able to participate in the life of their communities.
- Older people should be able to access the services and facilities they need.
- Older people should be able to live in a safe and secure environment.

The strategy also sets out a number of key objectives, including:

- To improve the health and well-being of older people.
- To improve the social and economic participation of older people.
- To improve the housing and living conditions of older people.
- To improve the safety and security of older people.

The strategy is a key document for the development of services for older people. It provides a framework for the development of services and sets out the government's commitment to improve the lives of older people.

The strategy is based on the following principles:

- Older people should be able to live independently and actively in their own homes.
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The strategy also sets out a number of key objectives, including:

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- To improve the housing and living conditions of older people.
- To improve the safety and security of older people.



*In Loving Memory
of
Kristina Komenich
1985-2002*





Seniors **Basil Gardner**, **BJ Jansen**, and freshmen **Billy Cox**, **Josh Hazelton** are playing fantastic music in between quarters during an Ingot basketball game.



Teacher, **Jason Quigg**, considers a student's question during calculus.



Sophomore **Brady Parduhn**; senior **Amber Carroll**; and freshman **Josh Hazelton** perform with the Golden Ingot Pride Marching Band during halftime at a home football game.



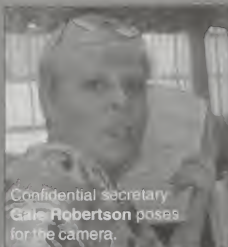
Ms. Billy Goat visited the school and homes neighboring the River Forest grounds this winter.

We must welcome
the future, remembering that soon it
will be past, remembering that once it
was all that was humanly possible:
-Aldous Huxley

Written In The Clouds

Do you remember when you were young, how you would lie in the grass and stare at the many different clouds in the sky? Looking back, you can see how those clouds represented the diversity of people you came to meet at River Forest. Those people blew through your life like clouds upon the wind. Now your future is, like your past, written in the clouds. It's up to you to decide if your skies are dark or bright.

Changing Clouds



Confidential secretary **Gale Robertson** poses for the camera.



Sophmores **Krystal Rybicki** and **Rodney Robinson** play a challenging game of chess.



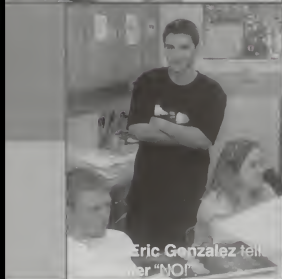
Seniors **Tonya Woodmore** and **Michelle Harper** study hard in class.



Sophomore **Jamie Dailey** works diligently on her Mardi Gras masks.



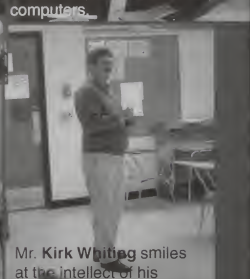
Awesome **Pat McNabb** takes a break from her stressful life of computers.



Eric Gonzalez tells his class "NO!"



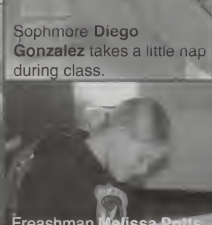
Sophomore **Diego Gonzalez** takes a little nap during class.



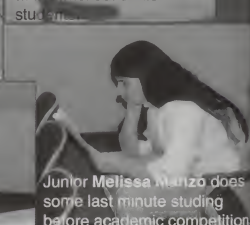
Mr. Kirk Whiting smiles at the intellect of his students.



Sophmores **Kalyn Whitten**, **Nathan Waters**, and senior **Barbra Woodke** make jokes at the computer.



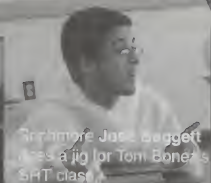
Freshman **Melissa Potts** finishes her math homework during SRT.



Junior **Melissa Muniz** does some last minute studying before academic competition.



Freshman **Mikal Mimarich** and **Bradley Parris** work vigorously through a tedious homework.



Sophomore **Joe Baggett** makes a jig for Tom Bone's SHT class.



Sophomores **Loni Williams** and **John Trezak** have a hilarious conversation with each other.



Senior **Mike Holton** reads to advance his vocabulary in SRT.



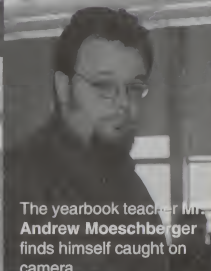
Senior **Bernard Janson** and junior **Jeff McNabb** "mess around" during English.



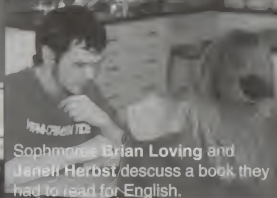
Junior **Brandon Ragan** eats Carmello candy bar before class starts.



Sophomores **Bernard Goin**, **Matt Bigott**, **Mike Carver**, and senior **Joey Walker** clown around during a girls basketball game.



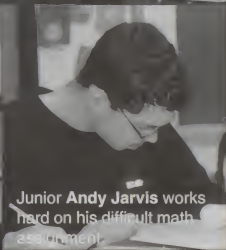
The yearbook teacher **Mr. Andrew Moeschberger** finds himself caught on camera.



Sophomores **Brian Loving** and **Janell Herbst** discuss a book they had to read for English.



Junior **Tim Lane** sleeps off a hard day at school.



Junior **Andy Jarvis** works hard on his difficult math assignment.

Among the Clouds



Amanda Alexander



Melissa Arnold



Ashley Ayres



Rudy Cano



Justin Carlson



Amber Carroll



Lisa Clardy



John Clark



Dustin Coleman



James Cruz



Dwayne Durk



Rebekah Free



Basil Gardner



Brianne Gilliana



Eric Gonzalez



Mike Gonzalez



Michael Graun



Rachael Guerrero



Aaron Gutierrez



Josh Halcomb



Michele Harper



Justin Horn



Kim Keller



Erin Kempski

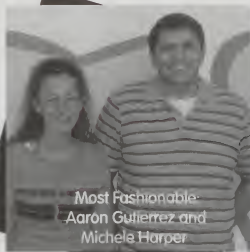


Seniors

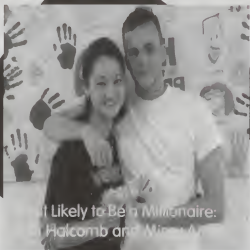
Most Likely to Be on ESPN:
Justin Horn and
Amanda Alexander



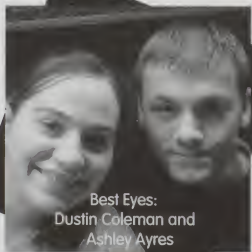
Most Fashionable:
Aaron Gutierrez and
Michele Harper



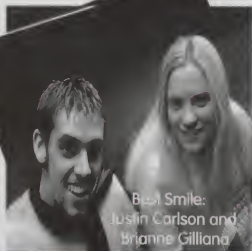
Most Likely to Be a Millionaire:
Halcomb and Nina A.



Best Eyes:
Dustin Coleman and
Ashley Ayres



Best Smile:
Justin Carlson and
Branne Gilliland





Most Huggable:
Mike Gonzalez and
Amanda Alexander



Most Hilarious Laugh:
Mike Gonzalez and
Veronica Shaikh



Most Spirited:
John Clark and Jackie Ford



Best Hair:
Justin Carlson and
Rachael Guerrero



Class Couple:
Justin Horn and
Brianna Gilliana

2003



Rachel Kurek



Joseph Miller



Jacqueline Nord



Robert Ordway



Anthony Ortiz



Sunni Paceley



Candi Patterson



Tammy Patterson



Jennifer Perkins



Lecretia Rhodus



Robby Saylor



Amber Scott



Veronica Shaikh



George Stanley



John Stevens



Vanessa Walley



Joe Walters



Elizabeth Waters



Cassandra Westmoreland



Tonya Westmoreland



Mary Willis



Becky Wolfe



Barbara Woodke

"It's So Hard To Say Goodbye To Yesterday"

Boys II Men

How do I say goodbye to what we had?

The good times that made us laugh

Out with the bad.

I thought we'd get to see forever

But forever's gone away

It's so hard to say goodbye to yesterday.

I don't know where this road

Is going to lead

All I know is where we've been

And what we've been through.

If we get to see tomorrow

I hope it's worth all the wait

It's so hard to say goodbye to yesterday.

And I'll take with me the memories

To be my sunshine after the rain

It's so hard to say goodbye to yesterday.

And I'll take with me the memories

To be my sunshine after the rain

It's so hard to say goodbye to yesterday.

Not Pictured:

William Baker

Josh Barnes

Angela Calvillo

Tara Camarena

Matt Coleman

Rebecca DeGroot

Mike Doffin

Mike Fay

Rene Garcia

Brandon Jacobs

Rachel McKinney

Damien Milkuly

Deanna Mullins

Enid Munoz

Brandi Ortiz

Nicole Reed

Rick Sajdera

Crystal Salzer

Jeanine Songer

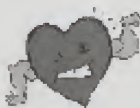
Jack Stoddard

Andres Verduzco

Seniors



Most Fun to Be With:
Andres Verdugo,
Ashley Ayres, and
Tonya Westmoreland



Biggest Flirt:
James Cruz and Brandi Ortiz



Teacher's Pets:
Josh Halcomb and Amber Carroll



Most Likely to Have Ten
Children:
Rudy Cano and Veronica Shaikh



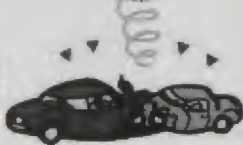
Most Laid Back:
Jack Stoddard and
Tonya Westmoreland



Hardest to Stay Mad At:
Josh Barnes and
Michele Harper



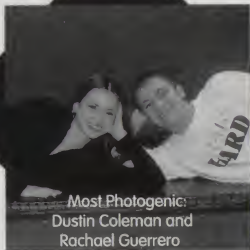
Worst Driver:
Dwayne Durk and
Erin Kempski



Most Likely to Save Your Life
Robby Saylor and
Missy Arnold (not pictured)



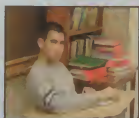
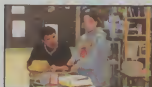
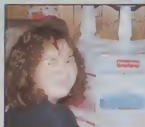
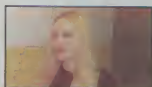
Most Likely to Be Mistaken
for Someone Famous:
Basil Gardner and
Enid Munoz (not pictured)



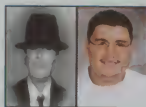
Most Photogenic:
Dustin Coleman and
Rachael Guerrero

2003

Walking On Sunshine



Seniors Before and After



Rudy Cano



Veronica Shaikh



Andres Verdusco



Amanda Alexander



James Cruz



Ashley Ayres

Class of 2003



Kim Keller



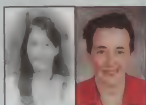
Joe Miller



Lecretia Rhodus



Dustin Coleman



Becky Wolfe



Joe Walters

Football Flying High

As the 2002 season came to an end, the Ingots finished with a record of 3-7. Although the season turned out to be a difficult one, the Ingots displayed their best efforts until the final seconds of every game. **Scott Westmoreland** stated, "I am really proud of the team. We worked together and stayed strong even when things seemed to be falling apart."

This year's team captain's were seniors **Justin Horn**, **Mike Gonzalez**, **James Cruz**, and junior **Al Martinez**.

2002 Varsity Football

Calumet	Loss
Whiting	Loss
Kankakee Valley	Loss
Lake Station	Win
Wheeler	Loss
North Newton	Loss
Heritage Christian	Win
North Judson	Loss
South Central	Win
Whiting	Loss
Sectional	

Senior Joe Williams runs hard to the end zone to score the winning touchdown for the Ingots.



The team stays strong, ready for the next play.

The team holds up for another winning play, showing great teamwork.



Senior Justin Horn looks for the hole to the other team's end zone to score.

Senior Matt Biggs blocks the ball with his shoulder to keep the other team from scoring.



Joe Ricky plays his best game, scoring a touchdown for the Ingots.




Senior **Joe Walters** kneels down on the sidelines after leaving the field. This was Joe's second year playing wide receiver.

Joe Walters
 Mike Walters
 Adam Goodman
 Mike Toigo
 Robby Saylor
 Rudy Cano
 Al Martinez
 James Cruz
 Walley Jamie
 Mike Carver
 Joe Davis
 Joe Walters
 Coach Kirk Whiting



Bernie Goin
 Mike Toigo
 Robby Saylor
 Rudy Cano
 Al Martinez
 James Cruz
 Walley Jamie
 Mike Carver
 Joe Davis
 Joe Walters
 Coach Kirk Whiting



Mike Gonzalez
 Mike Toigo
 Robby Saylor
 Rudy Cano
 Al Martinez
 James Cruz
 Walley Jamie
 Mike Carver
 Joe Davis
 Joe Walters
 Coach Kirk Whiting




Senior **Robby Saylor** carries the ball for the Jaguars.

left to right: back row: B.J. Jansen, Adam Goodman, Mike Gonzalez, Josh Rhodus, Dwayne Durk, Justin Horn, Ricky Price, Ali Abdollahi, Matt Biggot, Aaron Guttierrez
third row: Mike Toigo, Robby Saylor, Rudy Cano, Al Martinez, James Cruz, Walley Jamie, Mike Carver, Joe Davis, Joe Walters, Coach Kirk Whiting.
second row: Coach Tim Gault, Amanda Degman, Carmello Venegas, Jason Lozanovski, Jeff McNabb, Carlos Muniz, Bernie Goin, Coach John Thomas
front row: Coach Tom Bonez, Tim Lane, Terry Crofton, John Heridia, Anthony Travis, Scott Westmoreland, Coach Chris Kozub

Varsity Volleyball

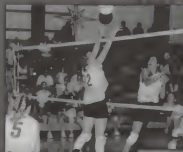
Jumping from Cloud to Cloud

This year's varsity volleyball team wasn't as successful as they could have been. Including their disappointing loss against arch rival the Lake Station Eagles, they also lost to the Westville Blackhawks in the first round of sectionals. Although the team had some disappointing losses they worked their hardest and ended the season with a record of 11-15.

This year's captains were seniors **Ashley Ayres**, **Amanda Alexander**, who was also MVP, and freshman **Mikal Minarich**, who also received the mental attitude award. Also receiving MVP was sophomore **Rachel Lightfoot** and receiving MIP was junior **Amber Morris**.

Varsity Volleyball 11-15

Morgan Twp.
Whiting
Hebron
Hanover Central
Oregon Davis
Hammond Gavit
Kouts
Marquette
Washington Twp.
Hobart
Gary Roosevelt
North Newton
Washington Twp.
Wheeler
Argos
Lew Wallace
Westville
Boone Grove
South Central
Gary Wirt
Griffith
Lake Station



Four Year Players

"It takes hard work and dedication to get through everything, especially sports." senior Missy Arnold

"I think overall this years volleyball team had a great year. I'm really going to miss it next year." senior Ashley Ayres

"In order to have success one needs dedication, teamwork and a positive attitude. For the most part our volleyball season consisted of these components." senior Amber Carroll

(Above) Sophomore Rachel Lightfoot goes for the kill, hoping for a kill. Defending her hit are teammates senior Ashley Ayres, freshman Mikal Minarich, and junior Danielle Kempinski



(Above) Coach Michelle Beldual gives the team some encouragement to play their best before the game against Hanover begins. This was Coach Beldual's first year coaching varsity volleyball at River Forest

Varsity Volleyball Team:

Head Coach: Ashley Ayres
 Assistant Coach: Amanda Alexander
 Team: 1. Missy Arnold
 2. Amber Carroll
 3. Coach Michelle Beldual
 4. Danielle Walker
 5. Jody Quinlan
 6. Rachel Lightfoot
 7. Danielle Kempinski
 8. Mikal Minarich
 9. Amber Morris
 10. Wendy



Boys Varsity Tennis

On Cloud 9

The Boys' Tennis Team was really talented this year. They beat the school record with 15 wins. That was just one of the goals that the tennis team achieved. One of the other goals the players met was to be champs for this year's Lake Station Invitational. The champs that received trophies were number two singles **senior John Clark**, number three singles **junior Josh Elea**, and the number one doubles team **junior Andy Knies** and sophomore **Oscar Venegas**. The boys' tennis team ended on a good note with a sectional win. They beat Lake Station in the first round with a 3-2 win. Then for the championship they wiped out Gary Mann with a 5-0 win, which was another goal that the team set. Only losing one of their key players, senior **John Clark**, they should be experienced and able to continue to be a tremendous team next year.

Boys Varsity Tennis

R.F.		Opp.
5	Clark	0
5	East Chicago	0
5	Hammond Morton	0
2	Kankakee Valley	3
3	Morton	2
3	Hobart	2
4	Calumet	0
5	Gavit	0
4	Griffith	1
5	Wheeler	0
5	Roosevelt	0
3	Marquette	2
5	Gary Mann	0
3	Lake Station	2
	Sectionals	
3	Lake Station	2
5	Gary Mann	0
	Regional	
0	Valparaiso	5

Armondo
Menchaca



Andy
Knies



Billy
Cox



Josh
Elea



Javier
Salas



Oscar
Venegas





(Above) Senior, **John Clark** says, "This year's tennis season was a success. We met our goal which was to regain the sectional title. I am proud of this season and can't wait to see what the team can accomplish next season."



While switching sides of the court **Coach Al Detteline** calls junior **Nick Roach** to give him some advice on his game. This year Nick's record was 16-2.

M.V.P.



"I've been around the tennis program since I was in Junior High and this is the best team I've been on," Most Valuable Player, junior **Nick Roach**.

M.I.P.



"We had a great season this year and we all had a lot of fun, especially on the van rides to away matches. You can ask Dettler about that," Most Improved Player, junior **Josh Elea**.



Boys' Varsity Tennis: row 1: **John Clark, Aubin Menchaca, Armondo Menchaca, Oscar Venegas**; row 2: **Josh Elea, Billy Cox, Brandon Ragan, Andy Knies, Nick Roach, and Coach Al Detteline.**



CROSS COUNTRY

Seniors

catch them if you can

The boys and girls cross-country teams enjoyed much success this year. Seniors **Justin Carlson** and **Dustin Coleman** led the boys' team. The boys' season was highlighted by a forth place finish at the Gavit Invitational and second place at the NAC meet. "The season did not end the way we wanted it to losing NAC by one point, but that does not diminish the accomplishments of this team and these individuals," stated coach **Jason Quigg**. Freshmen **Becky Dominguez** and **Jennifer Medrano**, and Sophomore **Monica Solis** led the girls' team, which included eleven first-time high school runners. The girls captured the NAC Conference Championship, the third in school history. "These girls accomplished so much this year with little race experience. Their will and determination to be the best showed all year. With nine runners back, the girls are eagerly anticipating next season," said coach **Jason Quigg**, who just finished his third year as head coach. Both teams finished their seasons at the Chesterton Sectional placing seventh.

Right: 4 yr Senior
Justin Carlson
M.V.P.



Left: 2 yr Senior
Andres Verduzco M.I.P.

Right: 4 yr Senior
Dustin Coleman
M.A.



Boys And Girls Varsity Cross-Country 2002

OPPONENTS

MORGAN TOWNSHIP

GAVIT INVITATIONAL

HANOVER CENTRAL

LOWELL

PRAIRIE INVITATIONAL

GARY WIRT

HOBART / L. STATION / WHITING

HIGHLAND INVITATIONAL

M.C. MARQUETTE

HOBART INVITATIONAL

WHITING / NORTH NEWTON

S. CENTRAL /

M.C. MARQUETTE

N.A.C. MEET

SECTIONALS

BOYS

LOSS

4TH

LOSS

WIN/LOSS

7TH

WIN

LOSS / WIN / WIN

11TH

WIN / WIN

6TH

WIN / WIN

WIN / WIN

WIN / WIN

2ND

7TH

GIRLS

LOSS

NO TEAM SCORE

LOSS HEBRON /

LOSS / LOSS NEW

15TH

WIN

LOSS / WIN / WIN

9TH WESTVILLE /

WIN / WIN

4TH

WIN / WIN

WIN / WIN

WIN / WIN

1ST

7TH

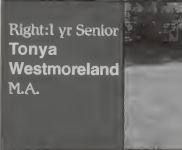
HEAD COACH- JASON QUIGG

BOYS FINAL RECORD- 10 WINS / 4 LOSSES

GIRLS FINAL RECORD- 9 WINS / 5 LOSSES



Left: 3yr Senior
Robert Ordway
M.A.



Right: 1 yr Senior
Tonya Westmoreland
M.A.



Left: 1 yr
Senior **Mary Willis**

Captains

What was your best memory this year?



Dustin Coleman '03
"Playing in the mud, winning more meets then last year. Having more people on the team."



Justin Carlson '03
"Playing in the mud."



Becky Dominguez '06
"The girls winning N.A.C."



Tonya Westmoreland '03
"When the girls won N.A.C. and playing in the mud."



Above: Coach **Jason Quigg** reacts to another Ingot win. He recorded a personal best time while being pursued by Senior **Mary Willis** and a snake.

**"To Give Anything
Less Than Your Best
Is To Sacrifice
The Gift."**

Cross-Country Team 2002

row 1: Monica Solis '05, Javier Salas '06, Robert Richardson '06, Jamie Dailey '05, Ricky Long '06, Tim Armes '06, Christina Burge '06.

row 2: Zack Herdla '04, Mary Willis '03, Melody Myers '04, Justin Carlson '03, Dustin Coleman '03, Jennifer Medrano '06, Marisol Carrillo '05, Maria Solis '05

row 3: Becky Dominguez '06, Angie Eichensehr '04, Tonya Westmoreland '03, Coach Jason Quigg, Robert Ordway '03, Andres Verduzco '03, Diego Gonzalez '05



Above left Freshman **Becky Dominguez**, team captain, M.V.P. and this year's individual NAC Champion. Above right Senior **Justin Carlson**, team captain, M.V.P. and this year's individual NAC Champion.



Cheerleading

Flying Through the Air

Jumping, flipping, cheering, and stunting were just a few of the things that described this year's cheerleading squad. Although the squad decreased in size, they were still able to work around these difficulties. This year's captain was senior **Elizabeth Waters**. She has been on the squad for three years. The squad purchased new warmups this year. To help pay for the warmups the squad sold saver cards and candy. They also held a car wash over the summer to help decrease the price of camp. The cheerleaders went to a UCA camp that was held at Saint Mary's University in South Bend.



Seniors **Elizabeth Waters**, **Jacqueline Nord**, and **Vanessa Walley** pose for a picture.



The cheerleaders pose in front of their break away banner during a football game.

Varsity and JV Cheerleading Squad: first row: **Maddy Hardin**, **Haley Hardin**; second row: **Krystal Rybicki**, **Sandy Foraker**, **Beth Howard**; third row: **Barb Woodke**, **Vanessa Walley**, **Danica Luna**, **Jacqueline Nord**, **Elizabeth Waters**.





Senior **Rachael Guerrero** and junior **Jody Soliday** pair up as they perform to the song "This is for my People"



The girls line up to make a tunnel for the team to run through at the beginning of the game

The auxilliary team stands proudly before the flag during the singing of the National Anthem



Auxilliary Dancing IN the Clouds

The auxilliary team performed at halftime for both football and basketball games. During football season they marched with the band, and during basketball games they performed a dance or did half-court shot. Practices were held from 3-5 almost everyday. This year Pom Camp was held on basketball homecoming night. Children grades K-6 were able to attend. This year's captains were junior **Jody Soliday** and senior **Rachael Guerrero**.



History and Science

Below : Eric Deemer, Junior, is mixing and grinding during Chemistry II.

Students love learning things they can use in the real world, and that's why students at River Forest love taking Mr.

Whiting's Economics class. **Veronica Shaikh** puts it best by saying, "Economics class helps people realize that the real world is a lot harder than they think it is."

In Chemistry II, students worked on their semester projects. "It was a lot of fun dissolving pennies," said **Joe Miller** about his project.

"Mr. Wells is an extremely

dedicated and very good teacher," said

Matthew Teller. Environmental Science is a well-liked class, mostly because the

students like the teacher so much. The whole class had only positive things to say about him.

What better way is there to feel like a star than acting out your very own mock trial? In Mr. **Moeschberger's** Government class, students spent

time in the library researching and preparing for their very own mock trial, and, since the class is so small, everyone had a role to play.

"Economics class helps people realize that the real world is a lot harder than they think it is."



Above : Seniors **Melissa Arnold** and **Erin Kempski** researching together in the library for Government class.



Right : Junior **Andrew Knies** helps **April Brown**, Sophomore, with her homework in Chemistry I.

Below : Senior **Joshua Halcolmb** playing with the asprin that he and fellow classmates created from scratch for a Chemistry II project.



Below : Senior **John Stephens**, along with Sophomores **Mitchell Minarich** and **Eva Marie Lopez**, work together in Environmental Science.



Left : Senior **Joe Miller** studies intently by taking notes while Mr. Whiting talks about Economics.



Left : Senior **Joe Miller** and Junior **Tara Quinlan** dissolved pennies for a project in Chemistry II.



(Right) During senior English class, Mrs. Keller explains to her students about the play *MacBeth*.

(Below) Junior, **Brandon Sutherland** works on some homework that was assigned in his Geometry class.



(Above) Freshman, **Billy Cox** tries to concentrate and get his work done before the bell rings in his math class.



(Right) Senior, **John Stevens** writes a story in his journal for his fourth hour English class. Every week there's a journal to write in English class.



(Left) Junior, Lisa Gibson works on the assignment that was given at the end of the period by geometry teacher Mr. Burton.



(Right) Mrs. Keller's senior english class, Aaron Gutierrez raises his hand to give a comment on the lesson that was being taught.

(Below) At the beginning of the second trimester, Algebra 2 teacher Mr. Quigg, informs the students about the rules in his fourth hour class.



(Below) Senior Joe Walters, sits in Mr. Detterline's math class trying to understand some new material that is being taught.



English and Mathematics

This year was different from years before in mathematics the state got stricter with the schools aligning their curriculum to the state standards, which made the schools accountable for teaching those standards. "It's a difficult task because as a teacher you're not sure how fast students can catch on," stated Mr. Quigg. Some students did have trouble catch-

ing on but since there was Student Resource Time (SRT), students could get a pass from their teacher and get the extra help they needed on the assign-

"It's a difficult task because as a teacher you're not sure how fast students can catch on," stated Mr. Quigg.

ment that was giving them trouble. This year it was a little different in English, as Mrs. Keller and Ms. Blaney taught the seniors and Mrs. Mihalik is taught all of the freshmen. Even though it was a big switch they got used to it quickly.

Industrial and Computer Technology

Students learned practical skills in both Industrial Technology with Mr. Murray and Computer Technology with Mr. Weitzel. In Power Mechanics, Mr. Murray had a hand full with classes, because fourth hour class was divided up into three different classes. The classes were technology one and two and construction technology, also know as architecture. Also, in metals the students had to make sure they got the horse shoe book ends done before the end of the trimester because it was required.

This year in Cisco students programed a router, they've been working on doing different packets over the chapters, taking tests, and viewing the wiring closet, where they put the server and the wires. While in computer classes they learned how to type and get projects done under a certain amount of time. Mr. Wietzel said, "Cisco is an important class, if the students take it seriously then it will be beneficial, but if they don't they get into it what they put out."



Above: Freshman, **Krystal Erwin** works hard on getting her project done in the metals class.



Above: Senior, **Becky Wolfe** concentrates on working hard to finish her project.

Below: In his fourth hour computer class, sophomore **Scott Westmoreland** checks out the computer.



Below: Angie Eichensehr, junior, works on the computer in her fourth hour keyboarding class.



Above: Senior, Mike Doffin works on his drafting project for his Technology one class.



Above: In Mr. Wietzel's class computer class, junior, Paulina Ballesteros is working on her keyboarding skills.

Left: With the help of Mr. Murray, junior, Jeff McNabb is able to finish his drafting project. This year Jeff was the only student in architecture, where he designed a house.

(Below) Senior **John Clark**, Ms. **Francie Blaney**, and senior **Justin Carlson** pose for a quick picture. All three were dressed up for famous person day. The seniors came in first place for dress up days followed by the juniors.



(Above) A group of sophomores show off their float during the parade. Each class was required to have a float, which they received points for.



(Above) Decked out in red and gold, senior **Jennifer Perkins** and junior **Paulina Ballesteros** wait to give their classes another point in the spell bowl competition during the pep session.

(Right) Mrs. **Pat McNabb** and Mr. **Jason Quigg** wait for the next serve during the spirit week volleyball game.



A Week to Remember

This year's homecoming was filled with many traditions and memorable moments. It included dress up days, hall decorations, floats, and the pep session.

The week started off with red, white, and blue day. Everyone walked around showing off their American pride. Tuesday was pajama day, with students wearing all sorts of colors, face masks, and even rollers in their hair. Students also stayed after school to decorate their hallways. Cowboys and hula dancers roamed the halls on Wednesday, which was

theme day. This year's themes were very different, seniors using Round Up the Bearcats, juniors Freeze the Bearcats, sophomores Slay the Bearcats, and freshmen Wipe Out the Bearcats. Thursday was famous person day. Many famous people walked throughout the hall on this day. Following school on Thursday students stayed after to decorate floats and participate in the parade. The volleyball tournament was

also held on this day. Friday was red and gold day many students showed off their school spirit. The students ended the day with the pep session.

After the pep session the points from the week were tallied. The seniors came through on top with 310 points followed by the juniors with 230 points, then the sophomores with 200 points, and last but not least, the freshmen with 160 points.



(Above) Seniors **Joe Walters** **Justin Carlson**, and **Dwayne Durk** await the next spelling word in the spell bowl competition. The juniors were able to pull through and take first place in this competition.



(Left) During the parade the football players piled onto a firetruck which was driven by senior **Robby Saylor**.

Spirit Court Angelic Beauties



Left senior **Andreas Verduzco** this year's Mr. Ingot Spirit.

Below senior **Amanda Alexander** this year's Miss. Ingot Spirit



The Spirit Homecoming is the last dance for seniors to show their school spirit. Basketball Spirit week this year was February 17-21 with Homecoming on the 22nd. During Spirit week the students were able to show off their pride by dressing up funky. Members of this year's Spirit Court were elected by their peers depending on how much spirit they showed throughout high school. Senior **Tonya Westmoreland** enjoyed Homecoming the most when she got to dress up and stand in front of everyone during halftime at the Boys Basketball game against Whiting. The boys won

Right: Members of the Spirit Court
Justin Carlson,
Missy Arnord,
Brianne Gilliana,
Justin Horn
Tonya
Westmoreland,
Dustin Coleman,
Jackie Nord, Rob-
ert Ordway,
Amanda Alexander
John Clark, Tara
Camarena, and
Andres Verduzco



Homecoming Court On Cloud Nine

Upper left Amanda Alexander
with escort James Alexander.
Lower left Tara Camarena with
escort Andres Verduzco.
Upper right Tonya Westmoreland
with escort John Clark.
Lower right Ashley Ayres with
escort Dustin Coleman.



Below Rachael Guerrero with
escort Mike Fay. Rachael was
the 2002 Homecoming Queen

Below 2002 Homecoming Court members Rachael Guerrero,
Tonya Westmoreland, Ashley Ayres, Amanda Alexander, and
Tara Camarena posing together before the Homecoming game
against Wheeler.



The "Battle Cry", a tradition at the end of each Homecoming Pep Assembly, is when each class competes against each other on who can yell V-I-C-T-O-R-Y the loudest.

What was your best memory about Homecoming?



"When we were playing leap frog at the Wacky Olympics and Justin Horn landed on top of me."

John Clark



"Decorating the hallways and having fun at Wacky Olympics."

Rebecca Dominguez



Before the girls varsity basketball team played in sectionals, they had their own Pep Assembly to encourage the students to come out and support them. The assembly was also for freshman **Javier Salas** to show the school's support for his trip to the state finals in wrestling.

Three of the Seniors take the hot seat on trying to beat the other classes in the Academic competition during the Pep Assembly.



Floatin' Up!

Homecoming is the week where students from every grade enjoy activities and competitions. All the students were getting prepared for different activities such as the battle cry, dress-up days, academic bowl, wacky olympics, and especially the hallway decorations. At every homecoming there have been pep assemblies, but unlike all the others this Basketball Homecoming didn't have skits or banners. Also the Girls Basketball team, along with

Javier Salas, had a small pep assembly before they went to Sectionals, and before Javier went to State for wrestling; however like all the other years, they did have the total scoring of all the spirit points; Juniors had 175, Seniors got 135, Freshmen had 100, and Sophomores got only 90. When the big game rolled around, it was nice to say that the boys basketball team came out with a victory against the Whiting Oilers with the score of 61-52.

What was your best memory about Homecoming?



**"Spending time with my friends during the hallway decorations,"
Joe Miller**



**"Dressing up for Spirit Week."
Angie Eichensehr**

Boys Basketball

High in the Sky

The 2002-2003 season ended with a record of 7-14. Although the season was a rough one, many of the games were lost only by a few points. Teamwork was what kept them in the game.

The varsity basketball team visited Miller's Merry Manor this year acting like Santa Claus, delivering presents to the residents that live there.

This year's team captains were seniors Aaron Gutierrez and Justin Horn, and juniors Nick Roach and Josh Elea. Both Justin and Aaron won Mr. Basketball this year for their dedication to the team.

2002 Varsity Basketball

Chesterton	Loss
Wheeler	Loss
(Nac Tourney) South Central	Loss
(Nac Tourney) Westville	Loss
Boone Grove	Loss
Hobart	Loss
Lake Station	Win
Oregon-Davis	Win
Argos	Loss
Hebron	Loss
Kankakee Valley	Win
Washington Twp.	Loss
South Central	Loss
Portage	Loss
M.C. Marquette	Win
Westville	Win
North Newton	Loss
Whiting	Win
Hammond Clark	Loss
Hanover Central	Win
(Sectional) Washington Twp.	Loss





The boys get together for a quick huddle before the game for a few moments of encouragement.

Justin Horn

"We're supporting
each other when
things get tough and
your team counts."

"Every day you have to support
your team and help. Every day when
it gets tough, you have to keep
going."

Aaron Gutierrez

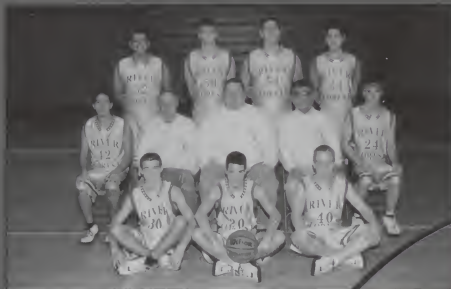
"I'm supporting
each other when
things get tough and
your team counts."

"You always have to support
your team and help. Every day when
it gets tough, you have to keep
going."

Andres Verduzco

"We're supporting
each other when
things get tough and
your team counts."

"Every day you have to support
your team and help. Every day when
it gets tough, you have to keep
going."



*left to right: back row: Aaron Gutierrez, Justin Horn,
Dwayne Durk, Andres Verduzco;
second row: Aubin Menchaca, Coach Joe Burleson,
Coach Jason Quigg, Coach Pete Jimenez;
front row: Josh Elea, Nick Roach, Jeff McNabb.*

Seniors Justin Horn and Aaron Gutierrez were both announced as Mr. Basketball this year for all their hard work and efforts.

Girls Varsity Basketball

Floating On Air

This year's girls varsity team played with all the hearts and tried their best. They didn't listen to outside negativity and floated on air with their wins. They fought hard and their perseverance showed when they played.

"We had a lot of talent," claimed **Amanda Alexander** about this year's team.

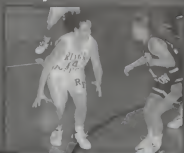
These girls are model Ingots through and through. Their teamwork allowed them to become one great big family. Seniors **Tonya Westmoreland**, **Amanda Alexander**, and **Mary Willis** played their last year here with all the spirit any River Forest Ingot is excepted to perform with.

"I think she [Amanda Alexander], had a great season," stated Coach **Al Betterline**.

Girls Varsity Basketball

Boone Grove	Loss
Griffith	Loss
Morgan Township	Win
Lake Station	Win
North Newton	Loss
South Central	Loss
Westville	Win
South Central	Loss
Argos	Loss
Gary Wirt	Win
Gary Mann	Win
Hammond Morton	Loss
Hebron	Loss
Calumet	Loss
Kankakee Valley	Loss
Marquett Catholic	Win
Oregon-Davis	Loss
Westville	Win
Washington Twp.	Loss
Sectionals	
Washington Twp.	Loss

Junior, **Melody Myers**.



Junior, **Amber Morris**.



Junior, **Lisa Wallace**.



Junior, **Danielle Kempski**.



Sophomore, **Jamie Dailey**.



Freshman, **Mikal Minarich**.





Left:
Senior,
Amanda Alexander
stands in
triple
threat
position.



Right:
Senior, **Mary Willis** shoots
a jumpshot
right outside
the five
second lane.



Senior, **Tonya Westmoreland**
goes up for a
layup after a
fast break.

All Star



"It's a good feeling
being the third girl in
River Forest history to
score over 1000 points.
I never thought I would
make it to a thousand
points," exclaimed
senior,
Amanda Alexander.
Four year all conference
2003 Miss Spirit
2003 Miss Basketball
Scored 1080 points
total
Seconded highest girl
scorer
2003 Captain
2003 MVP



**Girls Varsity
Basketball: row 1:**
Melody Myers,
Amanda Alexander,
Lisa Wallace, Krystal
Montes, Tonya
Westmoreland; row
2: Amber Morris,
Mary Willis, Jamie
Dailey; row 3: Coach
Al Dettlerline, Mikal
Minarich, Danielle
Kempski, Paulina
Ballesteros, Coach
Rodney Thompson,
Pamela Ivey.

Wrestling Grappling With Greatness

This year's River Forest wrestling team once again battled low numbers and wrestlers leaving the team mid-season for personal reasons. Under the guidance of two coaches (of four) and one, the team also battled their opponents, using their personalities' dedication to help them be more competitive.

Although they weren't the largest team in the area, the wrestlers worked hard to achieve personal greatness. A prime example of this is Javier Selas, a freshman who grappled his way to the state finals in Moline, Ill. at the Convana Fieldhouse. Javier was the first individual athlete in River Forest's history to qualify for the state competition. Coach Tim Galt said, "It never ceases to amaze me how hard these kids work and how they have high goals and hopes for next season."

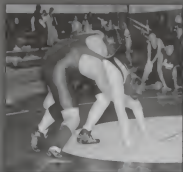
Javier was just one example of hard work and dedication paying off. River Forest looked forward to seeing how much more he could accomplish while he was in high school.



Left: Freshman Javier Selas

What was it like to wrestle at the state final? "It was just like wrestling anywhere else to me. The competition was harder, but everything worked the same."

Right: Senior Mike Gonzalez works against an opponent

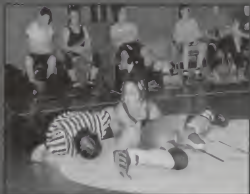


Left: Freshman Javier Selas attempts to pin his opponent



Above: L-R Javier Selas ('06), Tim Linn ('04), Mike Gonzalez ('03), Sam Lopez ('05)

Right: Sophomore Sam Lopez holds his opponent against the mat while the referee starts the three-count



Bowling PINS falling like rain



Above: Senior John Clark takes a break for a quick picture before competition for the Ingolds.



Above: Junior Andy Knies strikes confidently back to his seat after another strike.

This year's first bowling team turned for the highest all season bag. The season started in a October and capped with a final final victory over regional competition in February.

The teams battled against many schools in the area which were considerably larger than RF. They competed against Crown Point, Hebrew, Lowell, and Anderson.

The teams were led by seniors Amber Carroll and John Clark with many underclassmen making valuable contributions. Senior Becky Wolfe noted that the team's biggest wins of the season were the sectional victories.



Left from L-R: Freshman Alicia West, sophomore Vicky Lemmon, senior Becky Wolfe, junior Pam Ivey, and senior Amber Carroll take a break from practice to smile for the camera.

Below: Senior John Clark strikes down the lane as his ball heads down to pick up another spare to help carry the Ingolds to victory.



2002-2003 River Forest Bowlers

Seniors: John Clark, Joe Miller, Justin Carlson, Melissa Amos, Becky Wolfe, Amber Carroll
Juniors: Andy Knies, Pam Ivey, Tam Curlier
Sophomores: Matt Cunningham, Nathan Warren, Vicky Lemmon, Jamie Dally
Freshmen: Alicia West, Lauren Staudig, Christine Borge, Jennifer Madrano, Maddy Glardin, Billy Clay

Writing in the Clouds

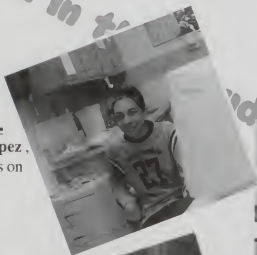
Journalism itself achieved new heights this year as the yearbook received a new advisor, and a few multiple-year newspaper staff members reached their final year. Despite River Forest not always having the greatest success in some of its journalistic endeavors, this year's program has gone through great lengths to regain a certain respect and integrity.

The newspaper class, under the guidance of advisor **Mrs. Danyelle Kozma**, produced another year's worth of high quality, informative journalism. **Mrs. Danyelle Kozma** stated, "I had a great staff this year, but I'm losing four seniors with over 15 years of experience [collectively]. This year has been a great year to be an advisor. They made my job trouble-free as well as fun."

Yearbook class also showed much improvement in areas such as advisement but even more particularly in staff. Possibilities were realized when main titles of headlining pages didn't contain misspellings or errors in grammar. Everything wasn't perfect though, as the new advisor **Mr. Andrew Moeschberger** stated, "Working with the class would have been much easier had they understood the concepts of deadlines or grammar and spelling."

Newspaper Fun

Freshman **Vincent Lopez**, clearly jubilated, works on the newspaper.



Thinking It Over

Andy Knies takes a quick repose before returning to work on the newspaper.



A Moment to Shine

Mr. Andrew Moeschberger, clearly frustrated, regrets having been born. Few shine like him.



Overall it was a good year for the journalism department, a facet of River Forest which displayed improvement in some areas and consistency in others. Despite the ne'er-do-wells having their way in the end everyone seemed to be satiated.

Newspaper takes a picture

The newspaper staff poses for... a picture.

L-R front row: Elizabeth Waters, Josh Barnes, Sunni Pacey

L-R back row: Melissa Manzo, Jennifer Wiggins, Melissa Potts, Andy Knies, Rachel Lightfoot, Nathan Waters, Vincent Lopez



She wasn't here on picture day.

Above: Editor-in-chief Jenine Songer, four year member



A Tight-Knit Bunch

The yearbook class poses for a picture.

L-R front row: Joe Miller, Eric Gonzalez

L-R back row: Barb Woodke, Amanda Degman, Mary Willis, Jackie Nord, Tonya Westmoreland, Nicole Reed Center, omnipresent: Advisor Mr. Andrew Moeschberger

Choir *Angelic Voices*



The choir had many events take place this year. They performed at many of the assemblies throughout the year, including the Christmas Assembly where they sang *In The Candlelight*, *Sing Gloria*, and *Christmas Hallelu*. The choir also went out caroling to keep the Christmas spirit alive.

They also attended the ISSMA competition where they placed second overall. They sang *Ahrirand* and *A Scottish Tribute*.

Junior **Travis Tillberry** stated "Mrs. Scholl is a nice and hard-working teacher who doesn't let us settle for anything less than the best. I also want to thank **Mrs. Kapciak** for all her time she has contributed for the choir." The choir also performed at graduation.



Mrs. Virginia Scholl Choir Director
"How would you summarize the choir's progress this year?"

"They've worked hard all year, and have come a long way, baby!"



Above Left: Senior **Elizabeth Waters** sings during an assembly. This was her first year in the choir.



Above Right: Mrs. Kapciak plays for the choir during an assembly as senior **Tammy Patterson** watches on for her time to sing.

Right: The choir performs during the Multicultural Fair. They sang *Ahrirand* and *a Scottish Tribute*.



BAND REACH FOR THE SKY



above: Band members line up and play the National Anthem before the start of the football game.

left: Director **John Pinson** conducts the band as they practice for the halftime show.



The Marching Band had a lot of activities going on this year. They marched in the Fourth of July Parade along with Lake Station and Hobart, and also the St. Patrick's Day Parade in Chicago. The band performs the national anthem at pre-game and also performed at halftime during football games. The Pep Band played at the boy's basketball games.

They also had different concerts throughout the year. Jazz Band sponsored a concert called Jazz Fest. A Christmas concert was also held and a Spring concert at the end of the year for the entire band. Senior **Elizabeth Waters** stated, "This year the band has improved musically so much! We play music that is much more difficult than last year. I'm proud of our band family."

The band also played at graduation and at assemblies. This was **Mr. Pinson's** second year directing the band.



above: Senior **Cassandra Westmoreland** waves to the camera as she stops for a quick picture.

above left: Band members march in Chicago during the St. Patrick's Day Parade. They played *SIBA March* and *The Fight Song*.

left: The pep band plays during a time out at a basketball game. The pep band was present at almost all of the boys' basketball games.

River Forest Academic Teams: Decathalon, Superbowl, Spellbowl. Minds in the clouds.

This year River Forest's academic teams once again placed their minds in competition with the best and brightest from around the state. They competed in three different series of brain bending challenges, Academic Decathalon, Superbowl, and Spellbowl. The team was once again under the guidance of Mr. Wietzel and Mr. Whiting and Mrs. Hooks.

Decathalon was a competition which consists both of a written test and a speech portion. The Ingots prepared themselves for this with several months of intense after school practices.

Spellbowl was more than just a clever name, as the Ingots battled other schools in attempting to correctly spell words from an approved list.

Academic competition is a great training tool for those students who are looking towards great things after their time here at River Forest. According to Mr. Whiting, "I think that academic competition is a great opportunity for our best students to expand their horizons."



left: Melissa Manzo and Nina Kiselinova "rock out" before academic team practice

right: Sophomore Tony Monda is relaxed before he puts his brain to the test



above: Mr. Whiting drives home yet another point for the team



*above: Tara Camarena
adjusts Eric Deemer's tie, or
is she choking him????*



*left: Junior
Nina
Kiselinova is
contemplative
before a match
at Kankakee
Valley*



*above: L R Melissa Manzo, Barb Woodke,
Nina Kiselinova, and Zach Heridia are all
hard at work preparing for another round
of competition with Mr Whiting*



*right: Andy Knies
heads out for an
other round of
academic competition*



*right: Eric
Deemer puts
on his "game
face" for an
academic
battle*



Girls Varsity Track!

row 1: Coach Pamela Engles, Alisha West, Jessica Stryczyk, Paulina Ballesteros, Kim Saklak, Missy Arnold, Coach Pat McNabb; row 2: Nina Kiselinova, Maria Solis, Jody Soliday, Marisol Carrillo, Becky Dominguez, Mary Norman; row 3: Liz Alvarez, Mary Willis, Maddie Hardin, Haley Hardin.



Track Angels

The dedication put forth by both the girls and boys varsity track this year was phenomenal. They put their whole hearts into every single event they did.

"I feel that despite the large odds we faced we had tons of hard work and dedication due to the closeness we all felt for each other this year. I will miss our two seniors very dearly because they were very special individuals," expressed Coach **Pat McNabb**. Senior **Missy Arnold** has been on varsity for four years and will be greatly missed due to the sunny appearance she always had. Senior **Mary Willis** will be missed because she was flat out "crazy". Mary was a large point contributor to the team as well as Mental Attitude Award winner.

This year eleven freshmen joined the team which helped better the Ingots. They were always improving on their times and distances. Freshman **Jessica Stryczyk** won Most Improved Award. Freshman **Becky Dominguez** won Most

Valueable Award and had won the team the most points; she also made all-conference second team.

"We worked hard and had fun all the time. I am proud of the season we had together. I will miss you all," stated Mary. "The girls track team grew and became a family. I will always remember when we played leap frog at Calumet, and that girl from the other school joined us," reminisced sophomore **Marisol Carrillo**.

Girls Varsity Track

Gary Wirt	Won
Boone Grove	Loss
Lake Station	Won
Morgan Twp.	Loss
Hebron	Loss
Washington Twp.	Loss
Marquette	Loss
Westville	Won
South Central	Won
Calumet Relays	Loss
N.A.C.	3RD
Washington Relays	3RD
Kankakee Valley	Loss

Boys Varsity Track

Gary Wirt	Won
Boone Grove	Loss
Lake Station	Won
Morgan Twp.	Won
Hebron	Won
Washington Twp.	Won
Marquette	Won
Westville	Won
Hobart Little 5	3RD
South Central	Won
Lowell	Won
N.A.C.	1ST
Washington Relays	1ST
Boone Grove	Loss
Kankakee Valley	Won



Junior **Ricky Price** leaps in long jump.



Junior **Amber Morris** is gliding over high jump.



Senior **Mike Gonzalez** breaks the block out.



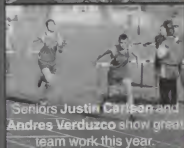
Senior **Gray Mann Williams** jumps high over bar.



Senior **Dustin Coleman** flies over high jump.



Sophomore **Marisol Carrillo** dashes through the 3200 relay.



Seniors **Justin Carlson** and **Andres Verduzco** show great team work this year.



Senior **Missy Arnold** grunts as she shot puts.



Senior **Anthony Ortiz** soars over pole vault.

The boy's track team this year was extraordinary, they only lost to three teams this year. Coach **Jim Weitzel** declared two Most Valuable Players (senior **Dustin Coleman** and junior **Ricky Price**) who were extremely dedicated and determined. **Ricky Price** made it out of Sectionals and into Regionals and barely missed making it to State. Many other boys just missed making it to Regionals, however they tried their best.

Most Improved was sophomore **Scott Westmoreland** who kept improving. Mental Attitude Award went to sophomore **Carlos Muniz** who always looks to the better of things he also won N.A.C. discus. Many other boys won in N.A.C. as well, some won in more than one event.

"I'm proud of them," beamed Coach **Jim Wietzel**.



Boys Varsity Track:

row 1: Scott Westmoreland, John Heridia, Dustin Coleman, Carmelo Venegas, Robert Richardson, Javier Salas; row 2: Rick Sadjera, Juan Giro, Jeff Mc Nabb, Anthony Ortiz, Zack Heridia, Justin Carlson, Carlos Muniz; row 3: Coach Jack Burton, Al Martinez, Brandon Ragan, Mike Gonzalez, Adam Goodman, Ricky Price, Diego Gonzalez, Andres Verduzco, Coach Jim Weitzel.

Baseball

Over the fence and to the clouds

The baseball team was really on the ball this year. The season started off on the right foot. With many strikes thrown by John Stephens and the pitching staff, and many hits collected by the team, the Ingots picked up four wins in their first five games. The team achieved success through hard work and hustle, which are two virtues Coach Bonez instilled in the team. The season ended on a positive note with the Ingots picking up a conference championship in regular season play. The team headed into sectional play riding the hot arm of John Stephens, who was one of the area's top pitchers this year. While the season did end with a defeat in the second round of the sectionals, the Ingots still had a record setting season and looked forward to another great season in 2004.

Boys Varsity Baseball

Munster	Loss
Westville	Win
North Newton	Win
Hobart	Win
Hammond	Win
North Judson	Loss
Wheeler	Loss
Kouts	Loss
E.C Central	Win
Lake Station	Win
Westville	Win
Marquette	Loss
Oregon-Davis	Win
Argos	Win
Marquette	Win
South Central	Loss
Oregon Davis	Win
Boone Grove	Loss
Hanover Central	Win
Gavit	Loss
Morgan Township	Win
Washington Twp.	Loss
Sectionals:	
Westville	Win
South Central	Loss

Senior John Clark throws a home run for another Ingots victory.



Senior Dustin Coleman crashes into home safely to score another Ingots run.



Junior Wally Jaime watches and waits to advance to second.



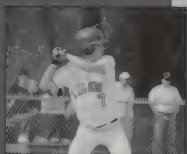
Senior Joey Walters checks his swing at home plate.



Senior Dustin Coleman waits for the pitch at home plate.

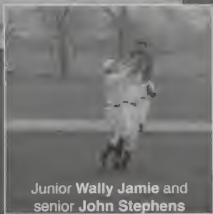
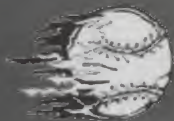


Sophomore Mike Carver watches the pitch come to the plate.





Senior **John Stephens**
throws another win for the Ingots!



Junior **Wally Jamie** and
senior **John Stephens**
collide but manage to
record the out for the Ingots



Boys Varsity
Baseball: bottom left to
right: Zach Jasper, Ricky
Long, Scott
Westmoreland, John
Stephens, Juan Giro,
Dustin Coleman, John
Clark, Carmello
Venegas, Top left to
right: Coach Tom Bonez,
Nick Roach, Joey
Walters, Mike Carver,
Aaron Gutierrez, Walley
Jaime, Josh Elea, and
Coach Pete Jiminez

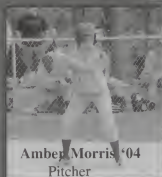
GIRLS VARSITY SOFTBALL

FLOATING ON THE CLOUDS

The season started off on a good note just knowing there was an infusion of new talent joining the team in the form of **Mikal Minarich**, **Lauren Struebig** and **Elycia Delgado**, all freshmen. Junior **Amber Morris** improved throughout the season with pitching to help the Ingots. The girls played many close games that ended with the loss but were able to overcome the defeat to continue on with the season. Sophomore **Jamie Dailey** led the team with RBI's and helped the team win with her power at bat. The girls played their best and showed the coaches they were able to have fun even though they did not always win. This year **Amber Morris** and **Jamie Dailey** were M.V.P., **Amber Morris** was M.I.P. and **Mikal Minarich** recieved the Mental Attitude Award.



Jamie Dailey '05
Short Stop



Amber Morris '04
Pitcher



Danielle Walker '04
Second Baseman



Rachel Lightfoot '05
First Baseman



Mikal Minarich '06
Center-fielder



Lauren Struebig '06
Left-fielder

Girls Varsity Softball 2003

South Central	Loss
Hanover Central	Loss
Kouts	Won
Westville	Won
Hammond Morton	Loss
Hebron	Loss
Calumet	Won
Morgon Township	Won
Hobart	Loss
Hammond Gavit	Loss
Lake Station	Won
Washington Twn.	Loss / Loss
Westville	Won
Marquette Catholic	Loss
North Newton	Loss
Marquette Catholic	Loss
South Central	Loss
Calumet Tournay	Loss / Loss
Hammond Clark	Loss
Whiting	Loss

Record 6-17

The infielders firing up before an inning against Hammond Clark



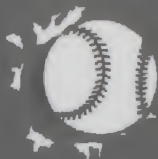
M.V.P.



Junior
Amber Morris



Sophomore
Jamie Dailey



The two seniors on the team
Mary Willis #3 (Catcher) and
Amber Carroll #27 (Right
field). Amber has been on the
team for 4 years, and Mary was
on the team for 2 years

M.I.P.



Junior
Amber Morris



Girls Varsity Softball 2003
row 1: Elycia Delgado
'06, Nicole Reed '03,
Danielle Walker '04,
Jamie Dailey '05, Nia
Jimenez '05, Amber
Carroll '03, Mary Willis
'03 *row 2:* Coach Rodeny
Thompson, Rachel
Lightfoot '05, Lauren
Struebig '06, Mikal
Minarich '06, Tara
Quinlan '04, Amber
Morris '04, Coach Jim
Dailey, Coach Joe
Burluson

Girls Varsity Tennis

Bouncing through the Sky

This year's girls tennis team was uneasy about starting their season because they lost some experienced players from last year. They only came back with two returning varsity players, senior **Tonya Westmoreland** and junior **Melody Myers**. Despite the loss of the number one singles Kristina Komenich the team managed to keep focused, and many of the girls dedicated the season to her memory. With many adjustments made, the girls started off the season undefeated at 7-0. At the end of the season in the sectionals the girls beat Gary Wirt (4-1) and Boone Grove (5-0), however the following day the team had to face Wheeler in the Sectional final. Facing a good team the Ingots lost 5-0. The girls only lost one player, mental attitude award winner **Tonya Westmoreland**, and looked forward to a great season in 2004.

Girls Varsity Tennis

E.C. Central	Won
Morton	Won
Gavit	Won
Hobart	Won
Lake Station	Won
Clark	Won
Whiting	Won
Boone Grove	Loss
Wheeler	Loss
Hammond	Won
Boone Grove	Won
Hanover Central	Loss
Griffith	Won
Calumet	Lost

Sectionals

Wirt	Won
Boone Grove	Won
Wheeler	Lost

Monica Solis '05



Katy Lyle '06



Julia Horn '06



Lauren Camp '05



Angie Eichensehr '04



Ashley Sutherland '05



Senior **Tonya Westmoreland** returns a volley with a back-hand against Boone Grove.



Junior **Melody Myers** is prepared to return a serve from her opponent.

M.V.P.



Melody Meyers ('04) was named this year's MVP for stepping into the number one singles position.

M.I.P.



This year's Most Improved Player was **Julia Horn** ('06).



Girls Varsity

Tennis: row 1: Monica Solia, Sabrina Salas; row 2: Katy Lyle, Julia Horn, Pam Gallardo; row 3: Coach Al Detterline, Tonya Westmoreland, Ashley Sutherland, Angie Eichensehr, Lauren Camp, and Melody Myers



Boy's Golf

Hole in One!



This year's golf team was under the supervision of new coach Mr. **Jason Quigg**. The only member to return to the team this season was senior **Justin Horn**. There were eight new members to the golf team this season, senior **Josh Halcomb**, junior **Jeff McNabb**, sophomores **Matt Bigott**, **Rodney Robinson**, **Derek Soderquist** and **Nathan Waters**, and freshmen **Roger Deutscher** and **Alex Degman**. Coach

Quigg stated, "I'm very proud of this year's team. They had a very good season this year."



First year player, junior **Jeff McNabb** watches as his ball goes in the hole.



Sophomore, **Matt Bigott** drives his ball to the hole.



Freshman, **Roger Deutscher** concentrates on making a hole in one.



Second year player, senior **Justin Horn** drives the ball to the green.



Senior, **Josh Halcomb** takes a closer look to line up his shot.

2002-2003 Boys Golf

Hobart/Lake Station	Loss/Won
Hanover Central	Loss
Westville	Won
Bishop/Han. Ctrl.	Loss/Loss
Calumet	Loss
Boone Grove Invite	Loss
Gary Wirt	Won
Gary Wallace	Won
Oregon-Davis	Loss
Boone Grove	Loss
Lake Station	Won
Gary Roosevelt	Won
South Central	Won
Nac Conference	Loss
Whiting	Loss
Sectional	Loss

Second Row: Coach **Mr. Jason Quigg**, **Matt Bigott**, **Justin Horn**, **Rodney Robinson**, **Roger Deutscher**, **Jeff McNabb**

First Row: **Alex Degman**, **Josh Halcomb**, **Nathan Waters**, **Derek Soderquist**



Special Olympics

Knocking the Pins Down



Michael Podgorski smiles as someone takes a quick picture.

This year River Forest High School tried something new. Instead of having a special olympic basketball team, they decided to have a bowling team this year. River Forest had a special olympic basketball team for three years. The team was coached by Mrs. Alessandrini. Mrs. Alessandrini stated, "I'm very proud of this year's bowling team, they worked really hard and their average was around 100." This year they didn't chose a captain to lead the other players, but everyone did their part to help out. Although the River Forest Special Olympics Bowling team didn't recieve much notoriety at school, they grew together as friends in a way only teammates can.



Senior Rick Sadjera smiles at the camera.



Stephen Feezor, Rick Sadjera, and Paul Cleveland take a quick break from bowling to pose for a picture.





Girls Auxiliary

Row 1: Lillian Lopez, Nina Jimenez, Ashley Mikuly, Lauren Struebig, Jackie Nord, Rachael Guerrero, Tara Camarena, Jennifer Perkins, Nicole Reed, Jillian Gallardo; row 2: Lauren Camp, Amber Coleman, Paulette Blankenship, April Brown, Joselyn Davis, Nichole

Miodragovich, Ashley Sutherland, Teresa Jansen, Vikki Lemmon, Candice Guajardo, Eunice Bojorquez, Samantha York, Coach Melinda Sutherland.

Jazz Band

Row 1: Rosalee Munoz, Alicia Guertin, Cassandra Westmoreland, Kim Saklak, John Trezak; row 2: Brandy Parduhn, Rodney Robinson, Travis Tillberry, Basil Gardner, Lonnie Williams, Billy Cox, Zach Japser; row 3: Mr. John Pinson.



Woodwind Section

Row 1: John Trezak, Brandon Ragan, Rosalee Munoz, Jill Lewis, Cassandra Westmoreland, Kim Saklak, Haley Hardin, Alicia Guertin, Becky Free, Alicia West; row 2: Danielle Kempinski, Monica Solis, Liz Alvarez, Bethany Baker, Teresa Jansen, Jennifer Perkins, Kalyn Whitten, Liz Waters, Amber Carroll, Elycia Delgado.



High School Band

Row 1: Jill Lewis, Rosalee Munoz, Cassandra Westmoreland, Kim Saklak, Haley Hardin, Alicia Guertin; row 2: Danielle Kempfski, Monica Solis, Kalyen Whitten, Liz Alvarez, Elycia Delgado, Bethany

Baker, Teresa Jansen, Jennifer Perkins, Liz Waters, Amber Carroll, Alicia West, Becky Free; row 3: Danica Luna, Carlos Munoz, Billy Cox, Danny Fontanez, Nathan Waters, Kathryn Lyle, Brandon Ragan, John Trezak; row 4: Ricky Long, Rodney Robinson, Brandy Parduhn, Derek Soderquist, Maddy Hardin, Paulina Ballesteros, Lisa Wallace, Zach Japser, John Heridia; row 5: Mr. John Pinson.



Choir

Row 1: Erin Kempfski; row 2: Beth Howard, Lillian Lopez, Amber Morris, Nichole Miodragovich, Krystal Rybicki, Letty Valenzuela, Kristi Schmidt; row 3: Ellaine Zon, Juilia Horn, Tammy Patterson, Robert Richardson, Travis Tillberry, Sarah Denton, Anna Howard; row 4: Alicia West, Mellissa Potts, Amber Scott, Liz Waters, Barb Woodke, Mary Norman, Lecretia Rhodus, Brandon Ragan, Candice Guajardo.



Percussion Section

Row 1: John Heridia, Zach Japser; row 2: Paulina Balasteros, Lisa Wallace.



Horn Section

Row 1: Ricky Long, Rodney Robinson, Brandy Parduhn, Derek Soderquist, Maddy Hardin; row 2: Nathan Waters, Danica Luna, Carlos Muniz, Danny Fontanez, Billy Cox, Kathryn Lyle.





Newspaper Staff

Row 1: Liz Waters, Josh Barnes, Sunny Paceley; row 2: Melissa Manzo, Jennifer Wiggins, Melissa Potts, Andy Knies, Rachael Lightfoot, Nathan Waters, Vince Lopez.

French Club Officers

Row 1: Rosalee Munoz, Jamie Dailey, Ashley Sutherland, Maddy Hardin.



Academic Decathlon

Row 1: Kalyn Whitten, Paulina Ballersteros, Eric Gonzalez, Tara Camarena, Danelle Walker; row 2: Melissa Manzo, Nina Kiselinova, Eric Deemer, Zach Heridia.

Yearbook Staff

Row 1: Joe Miller, Eric Gonzalez; row 2: Barb Woodke, Amanda Degman, Mary Willis, Jackie Nord, Tonya Westmoreland, Nicole Reed; row 3: Mr. Andrew Moechberger.



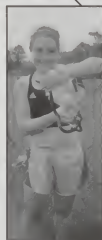
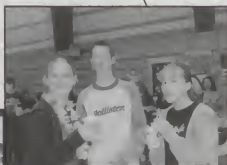
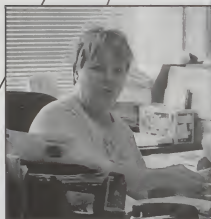
Academic Spell Bowl

Row 1: Kalyn Whitten, Nina Kiselinova, Paulina Ballesteros, Brandon Ragan, Eric Gonzalez, Tara Camarena, Eric Deemer, Zach Heridia, Rosalee Munoz, Brandy Parduhn.

Academic Super Bowl

Row 1: Brandon Ragan, Brianne Gilliana, Eric Deemer, Zach Heridia; row 2: Nina Kiselinova, Kalyn Whitten, Paulina Ballesteros, Amanda Degman, Melissa Manzo.



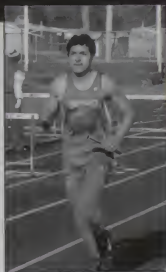


Sunshine Through the Clouds



Ingot Athletics 2002-2003







JV Girls Volleyball

Row 1: Kathryn Lyle, Amber Coleman, Jennifer Guzman, Pamela Gallardo, Sabrina Salas; row 2: Nikolina Kiselina, Tillie Smith, Nichole Miodragovich, Bethany Baker, Coach Amy Woynarowski; row 3: Alishia West, Kim Saklak, Julia Horn, Paulette Blankenship, April Brown.

JV Boys Basketball

Row 1: Scott Westmoreland, Coach Jason Quigg, Coach Joe Burleson, Coach Pete Jimenez, Oscar Venegas; row 2: Matthew Bigott, Diego Gonzalez, Roger Deutscher, Carlos Muniz.



Freshmen Boys Basketball

Row 1: Robert Richardson, Tim Armes, Armando Menchacha, Terry Crofton, Ricky Long; row 2: Carl Kurek, Juan Giro, Robert Joy, Kristopher Ragan, Salvador Hernandez.

JV Girls Basketball

Row 1: Jennifer Medrano, Amanda Degman, Rebeca Dominguez, Monica Solis, Kathryn Lyle; row 2: Julia Horn, Maria Solis, Ashley Sutherland, Melissa Potts, Elycia Delgado, Coach Marty Shanahan.



JV Girls Softball

Row 1: Nicole Reed, April Brown, Nina Kiselinova, Nia Jimenez; row 2: Coach Joe Burlson, Mary Norman, Maria Torres, Tara Quinlan, Lillian Lopez, Liz Waters.



Multi-cultural Fair

Shaking Things Up!!!!!!!!!!!!

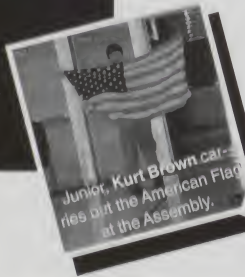
Every second year the Ingots have Multi-Cultural Week and this was the years for the fair. Multi-Cultural Week started off in early spring with The Taste of Multi-Cultural

tural Fair in March. That's when students learn about many different cultures from many different countries. During school the students were dismissed from class to learn more about different

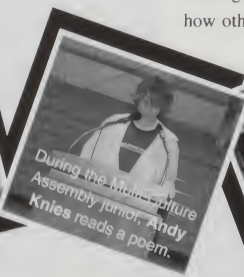
cultures at the Multi-Cultural assembly. During the assembly there were three students that read poems to the student body, they were juniors **Andy Knies**, **Eric Deemer**, and **Travis Tillberry**. The night of the Multi-Cultural Fair there were many different kinds of foods to taste from all kinds of ethnicities. While people from all over the area came to enjoy the food they also got to listen to a salsa band that played while people danced. There were also seventh graders that modeled clothing from their Mexican backgrounds. Many people enjoyed attending the fair and experienced how other people live their lives.



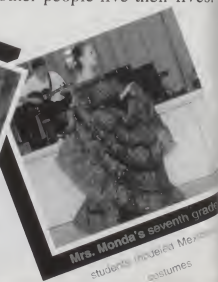
Ms. Nancy Perneck hands out food for the Spanish class at the Fair.



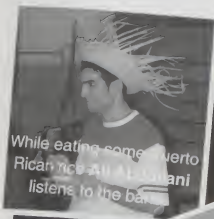
Junior, Kurt Brown carries the American Flag at the Assembly.



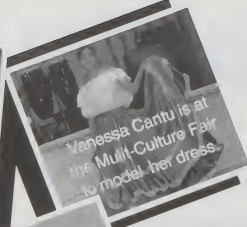
During the Multi-Culture Assembly junior, Andy Knies reads a poem.



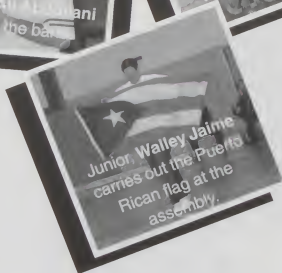
Mrs. Monda's seventh grade students modeled Mexican costumes



While eating some Puerto Rican rice, Ali Al-Samani listens to the band.



Vanessa Cantu is at the Multi-Culture Fair to model her dress.



Junior, Walley Jaime carries out the Puerto Rican flag at the assembly.



Junior Melody Myers helps out for the Multi-Culture Fair by making crepes for the French Class.



Seventh grader Nancy Renteria is all dressed up to model her dress that shows her Mexican background.



Mr. Andrew Moescheberger talks about the Multi-Culture Fair scheduled that night.

TOP TEN

Class of 2003



1
Amber Carroll



Amber graduated as valedictorian of the Class of 2003. She participated in softball, bowling, Honor Society.

2

Aaron Gutierrez



Aaron graduated as salutatorian. He participated in basketball, football, tennis, baseball, Honor Society.

Rachael Guerrero



3

Rachael graduated third in her class. She was captain of the Auxilliary squad and was a member of Honor Society.

Brianne Gilliana



4

Brianne finished fourth in the Class of 2003. She was a member of Spirit Court and Honor Society.

Melissa Arnold



5

Missy finished fifth in the Class of 2003. She was in track, volleyball, bowling, member of Spirit Court, and Honor Society.

Justin Carlson



6

Justin graduated sixth in his class. He was active in cross country, track, bowling, and Honor Society.

Michele Harper



7

Michele graduated seventh in the Class of 2003. She was also a member of Honor Society.

Robert Ordway



8

Robert finished eighth in his class. He was on the cross country team, member of Spirit Court, and Honor Society.

Justin Horn



9

Justin finished ninth in his class. He participated in basketball, football, Honor Society. He was also a member of Spirit Court.

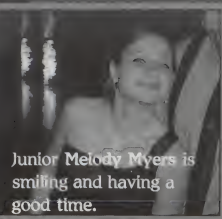
Josh Halcomb



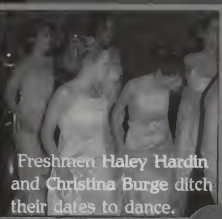
10

Josh finished tenth in the Class of 2003. He was president of Honor Society and was a member of the golf team.

Cherish the Moment



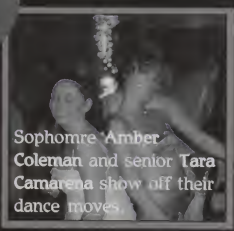
Junior Melody Myers is smiling and having a good time.



Freshmen Haley Hardin and Christina Burge ditch their dates to dance.



Senior **Samantha Whitworth** relaxes with her date.



Sophomore Amber Coleman and senior Tara Camarena show off their dance moves.



Seniors **Tara Camarena** and **Amanda Alexander** aren't afraid to goof off and have a good time.



Seniors **Jackie Nord** and **Tara Camarena** talk on the dance floor.



Sophomore **Pamela Gallardo** takes over the dance floor.

Midnight Magic

This year prom was held on May 2nd at the Croation Center in Merrillville. Tickets were sold at \$45 for two seniors, \$55 for a senior and a guest, and \$65 for juniors. At 6:15 the couples waited for Mr. Weitzel to announce their

names during the Grand March. At 7:00, couples gathered for dinner to be served. Chicken, beef, carrots, potatoes, pasta, salad, fruit salad were served. Pictures were taken throughout the night, along with dancing. At the end of the night everyone circled around Kristina's candle during the last song.



Midnight Magic



Above: Junior **Jeff McNabb** and his date sit at their table to rest their feet from dancing.



Left: Senior **Jeanine Songer** and her date pose for a picture before leaving the prom.



Far Left: Senior **Tonya Westmoreland** and junior, **Al Martinez** pose for a quick picture.



Left: Seniors **Daisy Gutierrez** and **Mary Willis** take a break from dancing.



Left: A group of upper classmen take a picture to make the memories of prom last longer.



Far left: Senior **Andres Verduzco** and junior, **Amber Morris** take a picture before heading to the dance floor. Left: Senior **Tara Camarena** and her date smile for the camera.



Above: Senior **Jackie Nord** poses as senior **Nicole Reed** takes a picture of her.



Far left: The senior girls line up to take a group picture. These ladies have been taking pictures together for two years.

Left: Seniors **Brianne Gilliana** and **Justin Horn** pose for camera.

Awards Day

Another year had gone by and awards day was an opportunity to honor those special students whose achievements merited recognition from the River Forest faculty. Students were rewarded by their teachers for outstanding performance in the classroom, they were also given awards for perfect attendance, academic achievements, and helping out the faculty. This was the last awards ceremony for the seniors and they wore their caps and gowns in anticipation of graduation. The seniors that finished in the top ten were presented with an Honor Cord and given a Gold Tassel if they were in Honor Society. Senior **Robert Ordway** recieved a full academic scholarship from Eli Lilly, which he chose to use in attending Purdue Universtiy.



Mr. Moffett shares words of wisdom with the student body.



above: Senior **Cassandra Westmoreland** recieved the Joe Kapiciak Award for Music Education award from Mr. Pinson for band.



right: **Brandy Parhdon** recieved an award for outstanding sophomore.



Dr. Wright gave a speech during awards day.

2003



Mr. Pinson gave **Zach Jasper** an award for being the outstanding freshman in band.



above **Rachael Guerrero, Stacey Harper, Kurt Brown and John Clark** all recieved awards for art.



below: Senior **Jennifer Perkins** recieved a band award for being in band for four years.



below: **Pam Ivy and Rachael Guerrero** recieved art awards from Mrs. Komosa



Senior



Week



River Forest High School

INGOTS



Graduation

It's So Hard To Say Goodbye To Yesterday

The year had finally come to an end. On the night of June 4th, 2003 the class of 2003 became the newest alumni of River Forest High School. The ceremony began with the playing of Pomp and Circumstance and the grand entrance processional of the senior class. As the night moved towards the finale, the presentation of diplomas, emotions soared. After the evening was over in the gym, the class of 2003 moved to the



Matt Coleman
shakes Mr. Moffett's
hand as he receives
his diploma.



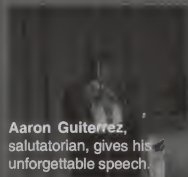
Amber Carroll,
valedictorian, gives
her speech.



Ashley Aryes
gives her speech.



Blanca Zepeda
receives her diploma.



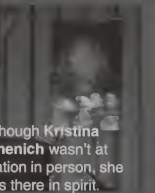
Aaron Guterrez,
salutatorian, gives his
unforgettable speech.



Senior girls walk down
the isle to take their
seat.



Jeanine Songer walks
past her best friend
before receiving her
diploma.



Although **Kristina
Komenich** wasn't at
graduation in person, she
was there in spirit.



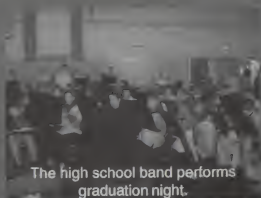
The class of 2003 say goodbye as seniors of River
Forest by throwing their hats off.



Melissa Aronld receives her scholarship.



Robert Ordway receives his scholarship.



The high school band performs graduation night.



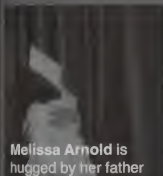
Nicole Reed and **Mike Fay** walk to their seats graduation night.



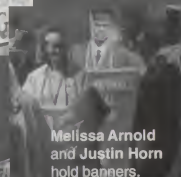
Mary Willis and **Tonya Westmoreland** carry the girls' cross country banner.



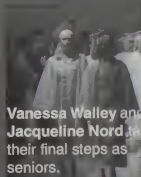
Mike Barker gives a speech to the class of 2003.



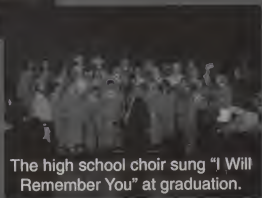
Melissa Arnold is hugged by her father after receiving her diploma.



Melissa Arnold and **Justin Horn** hold banners.



Vanessa Walley and **Jacqueline Nord** take their final steps as seniors.



The high school choir sung "I Will Remember You" at graduation.



Ashley Ayres hugs a fellow classmate.

Senior Credits

A

Melissa Arnold: Honor Society 2,3,4; Spell Bowl 1,2,3; Super Bowl 1,2,3; Volleyball 1,2,3,4; Basketball 1,2; Track 1,2,3,4; Auxiliary Corps 3,4; Girls' State 3; Academia Decathlon 1,2,3,4; Bowling 3,4.
Ashley Ayres: Marching Band 1,2; Volleyball 1,2,3,4; Basketball 1,2; Tennis 3; Yearbook 1,4; Homecoming Court 4; Class Officer 4.

B

Josh Barnes: Student Council 1; Gull and Sordl 3,4; Yearbook 2; Newspaper 1,2,3,4.

C

Tara Camarena: Marching Band 2; Jazz Band 1; Pep Band 1; Drama Club 1; Student Council 2; Spell Bowl 2; Super Bowl 2; Volleyball 2; Track 1; Cross Country 1; Cheerleading 2; Homecoming Court 4; Auxiliary Corps 4; Academia Decathlon 2.

Rudy Carr: Football 3,4.

Justin Carlson: Spanish Club 3; Honor Society 2,3,4; Track 1,2,3,4; Cross Country 1,2,3,4.
Amber Carroll: Marching Band 1,2,3,4; Pep Band 1,2; Spanish Club 1,2,3; Honor Society 2,3,4; Spell Bowl 2,3; Super Bowl 2,3,4; Volleyball 1,2,3,4; Softball 1,2,3,4; Girls' State 3; Academia Decathlon 2,3; Bowling 2,3,4.

Lisa Clardy: Marching Band 1,2,3; Cheerleading 3.

John Clark: Marching Band 1,2; Basketball 1; Tennis

2,3,4; Baseball 1,2,3,4; Boys' State 3; Bowling 2,3,4.
Dustin Coleman: Marching Band 1,2; Basketball 1,2; Baseball 3,4; Track 1,2,3,4; Cross Country 1,2,3,4; Boys' State 3.

James Cruz: Football 1,2,3,4; Golf 4; Baseball 2; Track 1.

D

Mike Doffin: Marching Band 2; Jazz Band 3; Pep Band 3.

Dwayne Durk: Marching Band 1,2; Basketball 1,3; Tennis 3; Football 4; Track 1.

F

Mike Fay: Basketball 1,2,3; Football 1,2,3; Track 1,2,3,4.

Rebekah Free: Marching Band 1,2,3,4; Pep Band 1,2; Track 1; Cheerleading 1; Auxiliary Corps 4.

G

Rene Garcia: Track 2,3,4; Wrestling 1,2,3.

Brianne Giltiano: Spanish Club 3; Honor Society 2,3,4; Student Council 3; Spell Bowl 1,2,3; Super Bowl 1,2,3,4; Volleyball 1; Auxiliary Corps

1; Girls' State 3; Academia Decathlon 1,2,3; Basketball State 1,2,3,4.

Erio Gonzalez: Spell Bowl 3,4; Super Bowl 3; Yearbook 4; Academia Decathlon 3,4.

Mike Gonzalez: Football 1,2,3,4; Track 1,2,4; Wrestling 1,4.

Rachael Guerrero: Spanish Club 1,2,3; Honor Society 2,3,4; Tennis 1,2; Softball 3; Homecoming Court 2,4; Auxiliary Corps 1,2,3,4.

Aaron Gutierrez: Marching Band 1,2; Jazz Band 2; Pep Band 1,2; Spanish Club 1,2,3; Honor Society 2,3,4; Student Council 4; Basketball 1,2,3,4; Tennis 1,2,3; Football 4; Baseball 1,2,3,4; Boys' State 3.

H

Josh Holcomb: Marching Band 4; Jazz Band 3; Pep Band 2; Honor Society 3; Spell Bowl 4; Super Bowl 4; Basketball 1; Golf 2; Academia Decathlon 4; Bowling 2.

Mahele Harper: Marching Band 1,2; Honor Society 2,3,4.

Justin Horne: Spanish Club 3; Honor



Class Of 2003

V

osity 4; Basketball 1,2,3,4; Foot-
ball 1,2,3,4 Golf 3; Boys' State
3.

J

Brandon Jacobs: Basketball 1.

K

Kim Keller: Choir 1,2; Basketball
Track 2.

Erin Kempke: Marching Band 1,2;
Pep Band 1,2; Choir 4.

Rachel Kurek: Choir 2; Basketball
1,2; BESO 2.

M

Rachel McKinney: Marching Band
2; Spanish Club 3; Student Council
2; Class Officer 2.

Damon Mckay: Football 2; Baseball
3; Bowling 3,4.

Joe Miller: Football 3; Baseball 1,2,3;
Yearbook 4; Bowling 4.

Deanna Mullins: Choir 1,2,3,4.

Erick Munoz: Marching Band 1,2;
Spell Book 1; Auxiliary Corps 4.

N

Jackie Nord: French Club 3; Honor
Society 2,3,4; Student Council 2; Choir 4.

Cross Country 3; Cheerleading
1,2,3,4; Yearbook 3,4; Class Of-
ficer 1,2; Auxiliary Corps 4.

O

Robert Ordway: Marching Band
3,4; Track 1,2; Cross Country
2,3,4; Yearbook 2; Boys' State 3.

Anthony Ortiz: Track 3; Wrestling
1.

Brandi Ortiz: Choir 1,2; Basket-
ball 1; Softball 3; Auxiliary Corps
1,2,3.

P

Candi Patterson: Choir 4.

Jennifer Perkins: Marching Band
1,2,3,4; Pep Band 1,2; Auxiliary
Corps 4.

R

Nicole Reed: Marching Band 2; Ten-
nis 1; Yearbook 3,4; Auxiliary Corps
3,4.

S

Crystal Salzer: Marching Band
1,2,3; Pep Band 1,2,3; Cheerleading
1,3.

Robby Saylor: Marching Band 1,2;
Football 1,2,3,4; Track 1,2.

Amber Scott: Marching Band 1;
Veronica Shakh: Marching Band
1,2; Spanish Club 1; Cheerleading 2.

John Stephens: Baseball 3,4.

Jack Stoddard: Basketball 1,3.

Andres Verdulazo: Marching
Band 1,2,3; Spanish Club
2,3; Basketball 1,2,3,4; Foot-
ball 3; Track 2,3,4; Cross
Country 3,4.

Evelina Verdulazo: Choir 1; Bas-
ketball 1; Track 2; Auxiliary
Corps 2,3.

W

Vanessa Waller: Marching
Band 1,2,3,4; Jazz Band
2,4; Softball 3; Cheerleading
1,2,4; Homecoming Court 1;
Class Officer 2; Bowling 2.

Joe Walters: Marching Band
1; Football 3,4; Baseball 1,3,4.

Elizabeth Waters: Marching
Band 2,3,4; Choir 4; Quil and
Scroll 3,4; Volleyball 1;
Cheerleading 2,3,4; Newspaper
2,3,4; Class Officer 3;
Bowling 4.

Cassandra Westmoreland:
Marching Band 1,2,3,4;
Jazz Band 3,4; Pep Band
2,3,4; Drama Club 2; Honor
Society 2,3.

Tanya Westmoreland: March-
ing Band 1,2; Volleyball 1; Bas-
ketball 1,2,3,4; Tennis 1,2,3,4;
Cross Country 4; Yearbook 1,4;
Homecoming Court 4.

Samantha Whitworth: Bas-
ketball 1; Softball 3.

Mary Willis: Basketball 2,4;
Softball 4; Track 4; Cross
Country 4; Yearbook 4.

Barbara Woodke: Choir 4; Su-
per Band 4; Cheerleading 3,4;
Yearbook 3,4.



Faculty

After a long but short summer break teachers came back and started the new year hoping it would be better than the last. This year the school switched to trimesters to give the students the opportunity to take more classes during the year. Also students were given more time to work on homework as the school required students to have S.R.T. (student resorce time) the last thirty minutes of the day. **Mr. Bonez** liked having S.R.T. and thought students should have taken advantage of the time. This year **Mr.**

Moeschberger joined the staff and liked teaching at River Forest because it gave him the opportunity to know just not the students in his classes but all the students at the school as well. At River Forest students are known as students, not numbers like in larger schools. The teachers ended the year just like the students eager to leave for their long but not long enough summer break.



Mr. Moffett
Principal



Mr. Van Drie
Assistant
Principal



Mr. Leonard
Athletic
Director

Amy Alessandrini NISEC

B. Bizik Paraprofessional

Francie Blaney Language Arts

Thomas Bonez Gym, Health,

Assistant Football Coach, Baseball

Coach

Donna Briggs Gym

Jack Burton Math, Assistant Boys

Track Coach

Maryann Castellani Academic



Karen Chontos High School

Guidance Secretary

Christine Colon NISEC

Chuck Cullison Science

Al Dettlerline Math, Boys

& Girls, Tennis Girls, Basketball

Tim Gault Science, Football

Coach

Barb Grassl NISEC

Kathy Hooks Chemistry

National Honor Society Academic

Team



C. Hoskins NISEC

Peggy Hunt Media Specialist

Laura Johnson Freshmen

Guidance Counselor (Not Pictured)

Natalie Keller English, Speech

Gloria Komosa Fine Arts

Danyelle Kozma French,

Newspaper

Molly Krodol NISEC

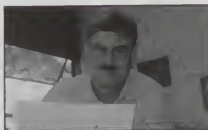


Angle Martinez *Aide*
Pat McNabb *Technology*
Girls' Track Coach
Sandy Mihalik *English*
Elizabeth Miranda
Nurse / Chaperoning Coach
Amy Mitchell *Math*
Andrew Morschberger
Government Yearbook / History
Bernadette Monda
Bilingual
(Not Pictured)

Paul Murray *Industrial Arts*
Carol Needham *NISEC*
Nancy Pinnick *Spanish*
John Pinson *Band*
Jason Quigg *Math, Cross-*
Country Coach, Boys
Basketball Coach, Golf Coach
Gale Robertson *High*
School Secretary
Hector Santiago
Custodian
Virginia Scholl *Cheer-*
Lenore Senovic
Custodian

Betsy Shadley *Treasurer*
Jim Somers *Custodian*
Jim Spencer *World History*
Tanna Taylor *Laborer*
April Uncapher *Food*
Child Development, Textiles

Jim Weitzel *Business*
Keyboarding, Web Design,
Computer Academic Coach
Jim Wells *Science*
Kirk Whiting *Social Studies,*
Football Coach, Academic Coach
Dr. Robert Wright
High School Guidance Counselor



Floating On Clouds

Class of 2004

During football homecoming spelling contest, juniors Melody Myers, Elizabeth Graun, and Lillian Lopez try to get as many correct as possible.



Junior Amber Morris was escorted by junior Brandon Sutherland for homecoming spirit court during the Football halftime.



Gena Avila
Brandy Ayala
Paulina Ballesteros
Shelly Barlow
Kurt Brown
Mike Cesak

Christina Collazo
John DaVaney
Eric Deemer
Angie Eichensehr
Josh Elca
Joan Emerson

Angel Erwin
Stephen Feezor
Francisco Flores
Lisa Gibson
Elizabeth Gill
Adam Goodman

Chris Graun
Jennifer Guzman
Zach Heridia
Harold Herring
Pam Ivey
Walley Jamie





B.J. Jansen
Nia Jimenez
Danielle Kempksi
Nina Kiseliova
Andy Knies
Tim Lane

Lillian Lopez
Jason Lozanovski
Melissa Manzo
Adam Martinez
Al Martinez
Jeff McNabb

Amber Morris
Veronica Muniz
Melody Myers
Erika Naranjo
Stephanie Neely
Jake Paradine

Michael Podgorski
Ricky Price
Tara Quinlan
Brandon Ragan
Nick Roach
Mary Saalwachter

Tillie Smith
Jody Soliday
Josh Soliday
Brandon Sutherland
Travis Tillberry
Anthony Travis

Letty Valenzuela
Carmelo Venegas
Danielle Walker
Lisa Wallace
Tabatha Westmoreland
Jennifer Wiggins

Juniors

Juniors Eric Demer, Mary Saalwachter, and Pam Ivey wait patiently for their turn to speak at the Veterans Day Assembly.



Moving Through The Clouds



A group of sophomores pose for a quick picture during the football spirit week.

Marie Adams
Jose Baggett
Brandon Balogh
Jessica Beaudoin
Matt Blyett
Paullette
Blankenship
April Brown
Amanda Camp



Marisol Carrillo
Mike Carver
Roger Castillo
Paul Cleveland
Amber Coleman
Matt Cunningham
Jamie Dailey
Joe Davis



Amanda Degman
Roger Deutscher
Marigrace Dietz
Josh Eldahl
Sandy Forsaker
Pam Gallardo
Bernie Goin
Diego Gonzalez



Stacey Harper
Elizabeth Howard
Teresa Jansen
Victoria Lemmon
Rachel Lightfoot
Eva Lopez
Sam Lopez
Brian Loving



Danica Luna
Jorge Martinez
Juan Martinez
Paul Meentemeyer
Aubin Menchaca
Ruben Mendez
Brock Michai
Mitchell Minarch



Tony Mondia
Krystal Montes
Carlos Muniz
Rosalee Munoz
Charlie Myers
Eric Nunez
Ray Ortiz
Brandy Paruhn





Marie Penley
Jesse Poe
James Pounds
Josh Rhodus
Rodney Robinson
Bruce Rundberg
Krystal Rybicki

Sabrina Salas
Kristi Schmidt
Mandy Shawkey
John Sobel
Derek Soderquist
Monica Solis
Danny Squires

Ashley Sutherland
Mike Toigo
Marie Torres
John Trezak
Liz Turney
Oscar Venegas
Nathan Waters

Angela Westmoreland
Scott Westmoreland
Kalya Whitten
Lonnie Williams
Dustin Zon

Sophomores



Sophomore **April Brown** takes the field as a representative to the Homecoming Court with her escort sophomore **Danny Squires**.

During Mr. Burton's fifth hour geometry class sophomore **Dustin Zon** concentrates on finishing an assignment.



FRANTIC FRESHMEN

Entering high school for a lot of people is a frightening experience. The anticipation of entering the first of your last years of school can a first seem a bit daunting, but what was the most common fear of the freshman class? "My biggest fear of coming into high school was not being able to handle the workload and people not liking me. The fact that I came from RFJHS really made this a lot easier though", says freshman **Vincent Lopez**.



Juan Giro and the rest of the freshman basketball team huddle around their coach during a time out.

Aguilar, Tim
Alvarez, Elizabeth
Ames, Jim
Astorga, Israel
Baker, Bethany
Burnes, Amber
Beauregard, Angela
Bene, David



Bojorquez, Eunice
Broughton, Angela
Bruce, Nicholas
Burge, Christina
Childers, Jennifer
Coleman, Jessica
Cox, William
Davis, Joselyn



Davis, Phillip
Degman, Alexander
Delgado, Elycia
Denton, Sarah
Dominguez, Rebecca
Duran, Anastacio
Erwin, Krystal
Ferrell, Anthony



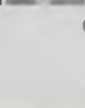
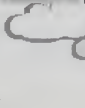
Franklin, Matthew
Gallardo, Jillian
Gill, Chandler
Giro, Juan
Griffin, Derek
Guajardo, Candice
Guerin, Alicia
Halstead, Lisa



Hardin, Haley
Hardin, Madeline
Hazelton, Joshua
Heredia, Jonathan
Hernandez, Salvador
Horn, Julia
Hunter, Norman
Jasper, Zachary



Joy, Jennifer
Kurek, Carl





Kyle Lane
Lewis, Jillian
Lindahl, Kurt
Long, Justenie
Long, Ricky
Lopez, Vincent
Lyle, Kathryn

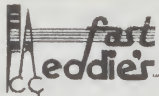
Maza, Jeremy
Medrano, Jennifer
Menchaca, Armando
Mikuly, Amanda
Milliken, Ashley
Minarich, Mikal
Miranda, Julyssa

Muffoletto, Sal
Norman, Mary
Ortiz, Erica
Parris, Destiny
Peel, Andrew
Perez, Alma
Potts, Melissa

Ragan, Kristopher
Ragan, Stephanie
Renteria, Jesus
Richardson, Robert
Saklak, Kimberly
Salas, Javier
Serrano, Julio

Shawkey, Krystal
Struebig, Lauren
Strysyzk, Jessica
Swanson, Michael
Torres, Jose
Torres, Jovani
Vasquez, JeanAn

Wulli, Gregory
Wulli, Alisha
Westmoreland, Apryl
Worke, James
York, Samantha
Zon, Elaine



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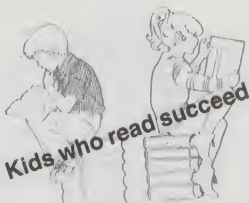
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Jacqueline,

Whatever you wish,
Whatever you dream,
Whatever you hope to achieve...
Whatever you try for,
Whatever you plan...
It is yours if you only believe.

May all your dreams come true,
because I could not have a better
daughter than you.

Love Ya.
Mom



I would like to take this opportunity (and blank half-page) to thank the staff of the 2003 *Ingot* for thier semi-hard work and quasi-determination. In all honesty, this book would be 4 pages long without them. Special thanks go to Amanda Degman, Joe Miller, Jackie Nord, and Crazy Mary Willis for their work beyond the call of duty to either sell ads or complete the book once school was over. Again, thank you.

Moeschberger

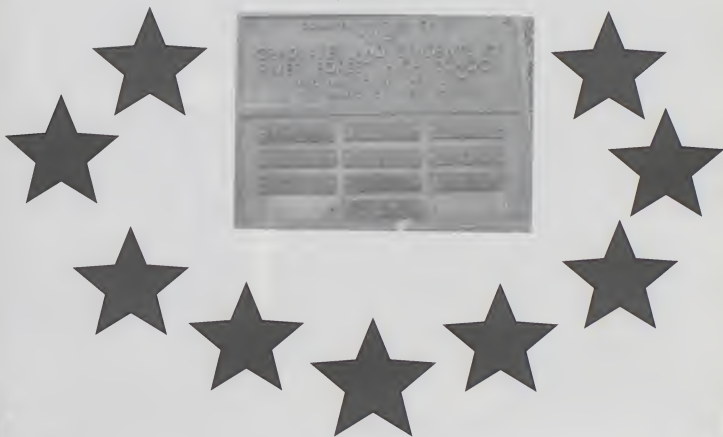
Now, embarrassing photos of my intrepid staffers.





This year the armed forces of the United States liberated the people of Iraq, and continued the fight against terrorism worldwide. The *Ingot* takes this opportunity to salute the members of the class of 2003 who chose to serve their nation. The *Ingot* also remembers those River Forest graduates who made the ultimate sacrifice, whose names are inscribed on the rock in the circle.

Thank You, and God Bless America.



TRENDS

This year, like any other year, new trends arose while some remained the same. Body glitter, t-shirts and capri pants were hot items this school year. Sandals were also a hot new item. People also wore shell and hemp necklaces to help complete their outfits. Girls wore belts to add a little more to their outfits. Students spent most of there time shopping at the mall. The hottest stores this year were Hollister, Weatherlane, Abercrombie & Fitch, and Pacific Sun.

SHIRTS



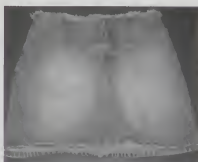
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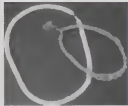
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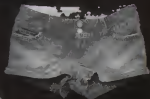
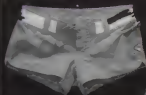
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90
ADAMS, MARIE 90
AGUILAR, TIM 92
ALEXANDER, AMANDA 6,
8, 9, 14, 34, 35, 4, 41, 67,
74, 84
ALVAREZ, LIZ 50, 92
ARMES, TIM 50, 92
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19, 26, 34, 50, 51, 73, 84
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AVILA, GENA 86
AYALA, BRANDY 86
AYRES, ASHLEY 6, 8, 12,
14, 18, 19, 35, 84, 110, 112

B

BAGGET, JOSE 5, 90
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BALOGH, BRANDON 90
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The Usual Suspects... The Yearbook class in "action"

Colophone



Amanda Degman in a rare serious moment.



Barb Woodke smiles for the digital.



Egon and Nord (Eric Gonzalez and Jackie Nord) striving to meet a deadline.



Nicole Reed's head, (she doesn't like the camera).



Joe Miller in his common pose, which was moving....



WILLIS!!!!!!



Tonya Westmoreland hard at work.



Ashley Ayres grinning as a homecoming court member.

Before we get to the relatively serious business of the colophone, some reflection on yearbook 2002-2003.

- 1) I have never done this before. Keep that in mind.
- 2) I am a *History* teacher, not a journalism teacher.
- 3) The work in this book is that of the yearbook class, it is their's alone.
- 4) Yahoo music and games are the devil for productivity.
- 5) These are not words:
An't Sumpin' Stummy Geniusness
Rember Reneber Goin' (not Bernie) How'd
Most Stupidous Oppunitunity
- 6) If I never see another bill from Walsworth, it will be too soon.

This book was published in 2003, and reflect the humor and sensibilities of that time.

"When one dream dies, another takes it's place. God pity the one dream man"
- Robert Goddard

"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat."

-Teddy Roosevelt

Colophone:
The 2002-2003 River Forest Ingot yearbook was the 43rd yearbook for the school. It was produced using Adobe Pagemaker 6.5 and Komodo workstations by the 9 students of Mass Communication 2. It uses Helvetica, Times New Roman, and Berkley fonts, among others. It was published by Walsworth Publishing of Brookfield, Missouri. The advisor was me, Andrew Moeschberger and the Sales Representative was Val Tanke.

A picture is worth a thousand words.

